

Volume 10 Issue 1

Feb/Mar 2002



Off The Record

United States Bankruptcy Court

District of South Carolina—Clerk of Court, Brenda K. Argoe

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Brag, Boast and Broadcast

Chris Matras' wife, Judy, and their Italian Greyhound, Jester, have started agility training. Its basically an obstacle course for dogs. There are tires to jump through (for the dog, not owner), bars to jump over, poles to weave through, teeter totters to cross, and tunnels to run through. There is even a table

that the dog has to lie down on for 5 seconds in the middle of the madness. The goal is to complete the course in a predetermined amount of time, in the correct order, with no faults (knocking a bar over). If you do this three times your dog earns a title. The first title is Agility Dog Novice, then as the courses get harder you can earn Agility Dog Excellent and finally Agility Dog Open. Judy and Jester have been training since May and have started to try to earn that first title. They have been to Charlotte, Aiken, and Atlanta to compete. There is an upcoming match in Chapin. Jester has not yet earned that first qualifying score, but he's practicing very hard!!!






Off The Record, the court's newsletter, will be published every other month starting with the August/September 2001 issue. The publishing department welcomes any submission of items to be included in the newsletter. Items will be published at the discretion of Brenda K. Argoe, Editor in Chief. Please submit items to the newsletter staff, Charlie or Frank.

The staff of OFF THE RECORD would like to thank this months contributors: JaNell H. and Wanda W.



February 2002




- 2/1 - Judge Bishop B-day
- 2/14 - Valentine's Day
- 2/17 - Sharon G. B-day
- 2/18 - President's Day
(Fed. Holiday)
- 2/21 - Connie B. B-day

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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 17	18	19	20	 21	22	23
24	25	26	27	28		



March 2002

- 3/5 - Tammy F. B-day
- 3/17 - St. Patrick's Day
- 3/18 - Karen W. B-day
- 3/22 - Katrina C. B-day
- 3/27 & 3/28 - Dealing with
Change Seminar
- 3/31 - Easter

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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31						

Health and Fitness

SURE FIRE STRESS REDUCERS

You no longer have to keep up with the Joneses... They've died of exhaustion

- **Go to bed on time.**
- **Get up on time** so you can start the day unrushed.
- **Say "no"** to projects that won't fit into your time schedule, or that will compromise your mental health.
- **Delegate** tasks to capable others.
- **Simplify and unclutter** your life.
- **Less is more**, (Although one is often not enough, two are often too many.)
- **Allow extra time** to do things and to get to places.
- **Pace yourself.** Spread out big changes and difficult projects over time; don't lump the hard things all together.
- **Take one day** at a time.
- **Separate worries from** concerns. If a situation is a concern, do what you can do and let go of the anxiety. If you can't do anything about a situation, forget it.
- **Live** within your budget; don't use credit cards for ordinary purchases.
- **Have backups:** an extra car key in your wallet, an extra house key buried in the garden, extra stamps, etc.
- **K.M.S.** (Keep Mouth Shut.) This single piece of advice can prevent an enormous amount of trouble.
- **Do something for the Kid** in you everyday.
- **Carry a paperback with you** to read while waiting in lines.
- **Get enough exercise.**
- **Eat right.**



- **Get organized** so everything has its place.
- **Listen to relaxing** tapes while driving.
- **Write things down.**
- **Everyday**, find time to be alone.
- **Having problems?** Join a support group and/or see a counselor. Try to nip small problems in the bud.
- **Make friends with happy**, non-stressed people.
- **Keep a folder** of favorite cartoons on hand.
- **Remember** that the shortest bridge between despair and hope is often a good night's sleep.
- **Laugh.**

(Continued on page 4)

Health and Fitness (continued)

(Continued from page 3)

- **Laugh some more!**
- **Take your work seriously, but** yourself not at all.
- **Develop a forgiving attitude** (most people are doing the best they can).
- **Be kind to unkind people** (they probably need it the most).
- **Sit on your ego.**
- **Talk less; listen more.**
- **Slow down.**
- **Remind yourself** that you are *not* the general manager of the universe.
- **Every night** before bed, think on one thing you're grateful for that you've never been grateful for before.



- *Compliments of the Thunderbird Country Buffet, Florence, S.C.*

Miscellaneous

DID You Hear the One About

The three-legged dog who walks into a saloon in the Old West. He sidles up to the bar and announces, "I'm looking for the man who shot my paw."

We have a lot going on in our lives everyday.., work, family, bills, traffic, deadlines and the list goes on and on. So what better way to face the day than with humor? Humor is an essential part of our lives as we struggle with the important tasks that we deal with everyday. There is enough in life that we have to take seriously, but it is equally important to know when to be silly and take a "humor-look" at life. Humor also has an essential place in the workplace. We spend a great portion of our lives at work. The workday is longer, the work to be done more immense, so it is important that we remember to inject some humor into our workday.

Two boll weevils grew up in South Carolina. One went to Hollywood and became a famous actor. The other stayed behind in the cotton fields and never amounted to much. The second one, naturally, became known as the lesser of two weevils.



Some benefits of humor in the workplace include better communication, improved relationships, reduction of stress, a perspective-check, decreased absenteeism, and increased energy and motivation. Humor takes some of the heat out of intense work situations, helping us to communicate in a non-threatening manner. It also helps to build teams and connect employees with each other. This is increasingly important

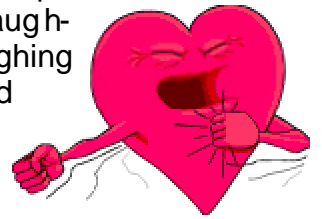
Miscellaneous (continued)

(Continued from page 4)

in today's increasing use of cubicles and a forced "closeness" of employees. A good sense of humor can make cubicle life much more enjoyable. You can go from the horrors of Cubeville to the increased productivity and teamwork of "The Peanut Gallery" by adding a little laughter and a lot of humor.

This guy goes into a restaurant for a Christmas breakfast while in his home town for the holidays. After looking over the menu he says, 'I'll just have the eggs benedict.' His order comes a while later and it's served on a big, shiny hubcap. He asks the waiter, 'What's with the hubcap?' The waiter sings, "Oh, there's no plate like chrome for the hollandaise!"

By reducing stress, humor helps to change our perception of a bad situation. It helps us physically as well. It's hard to be stressed out or angry when you're laughing. Laughter utilizes the muscular, respiratory, cardiovascular and skeletal systems. Laughing has been labeled "jogging" for the internal organs. We feel better physically and more relaxed after a good laugh. With all of these positive effects of humor, employees are less likely to miss work due to "mental health" days and are more likely to be productive in a positive, happy environment. Humor is major workplace asset. Let's spread the word.. .and don't wipe that smile off your face.



Karin D. Springfield, MPH

He practices what poster preaches

I made a new friend a decade ago:

Ken Jenkins, then a school principal in St. George. Ken has since retired and is now a member of the school board serving upper Dorchester County I visited him at his office and saw a poster on his wall titled "The Ten Commandments of Human Relations?" He said he keeps it there to help him focus on what is important when dealing with people.

He practices what his poster preaches:

- Speak to people—There is nothing as nice as a cheerful word.

(Continued on page 6)

Pat on the Backs

December and January

Agnes Babb	Frank Baker
Leila Balliet	Jennifer Barrier
Katrina Canady	Jennifer Corley
Vanna Daniel	Karen Douglass
Novetta Henton	Raye Jefferson
Chris Matras	Betina Mobley
Kelley Morgan	Chris Nichols
Linda Owen	Rhonda Smith
Stephen Todd - 6	Karen Weathers
Wanda Williams	

Miscellaneous (continued)

(Continued from page 5)

- Smile at people— It takes 72 muscles to frown and 14 to smile.
- Call people by name— It's the sweetest music to anyone's ears.
- Be friendly— If you want friends, be friendly.
- Be cordial— Speak and act as if everything were a pleasure.
- Be Interested In people— You can like anyone if you try.
- Be generous with praise— And cautious with criticism.
- Be considerate— It will be appreciated.
- Be thoughtful of another's opinion— There are many sides to issues.
- Serve others—What counts most in life is what we do for others.

Ken pointed out that the things we accomplish in life are usually done by small groups. Getting along well with others is the key to success, he said.

Jim Friar, Summerville Friar is director of economic development for Dorchester County.

Think About It

"What would you attempt to do if you knew you could not fail?"

-Dr. Robert Schuller

Olympian Effort

Technology being used at the Winter Olympics includes the following:

- 32,000 miles of fiber optic cable
- 40 applications with 10 million lines of code
- 370 Servers
- 4,500 PCs and Laptops
- 1200 printers
- 10,000 cellular phones
- 1000 kiosks

From: Computerworld



Hope they work!!